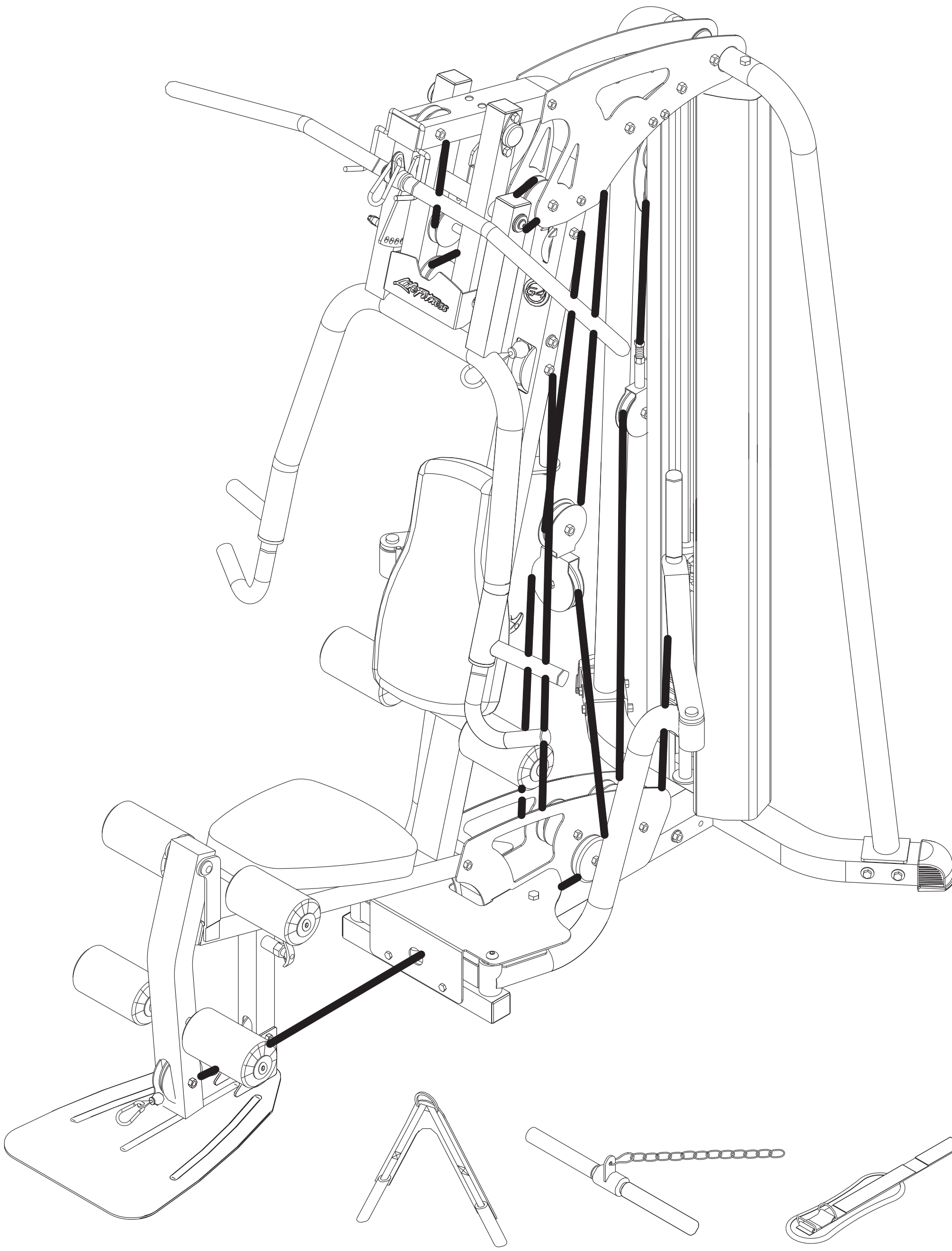
Life Fitness

G4-001
G4 HOME GYM



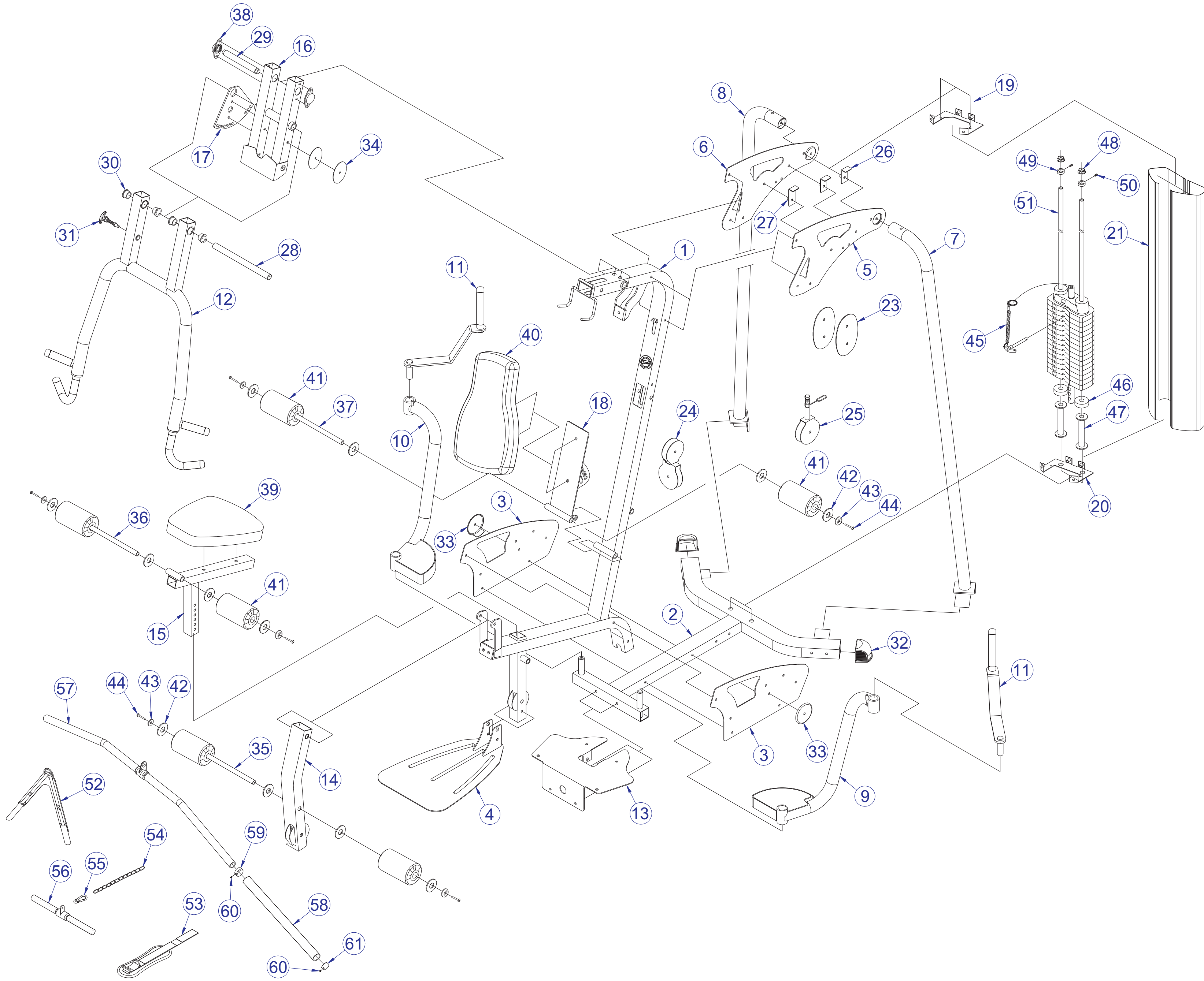
Customer Support Services

PARTS MANUAL

G4-001 G4 HOME GYM
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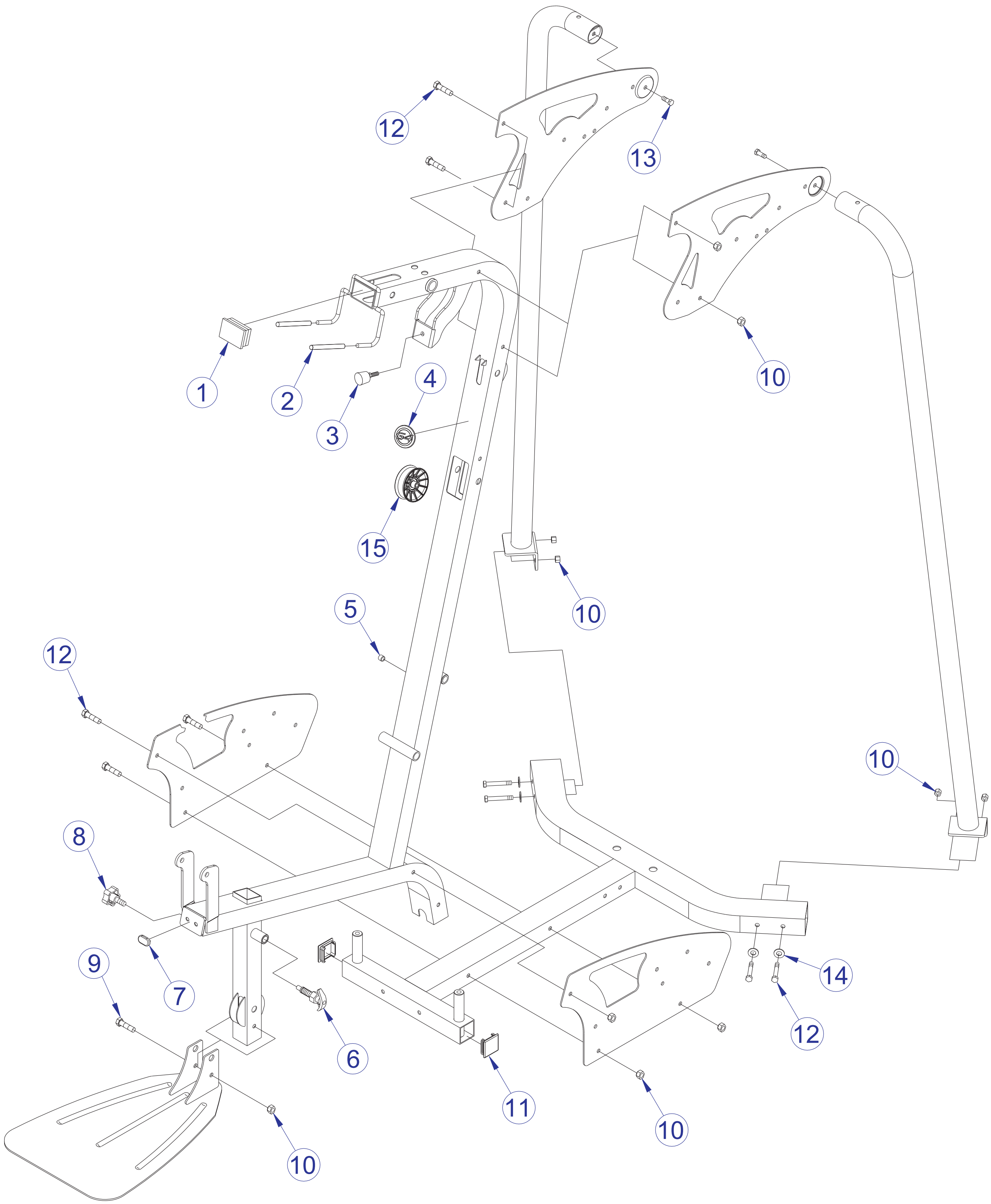
G4-001 G4 HOME GYM
COMPONENT ASSEMBLY I



LEGEND ON PAGE 4

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY I LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8589201	ASSY, FRAME, G4
2	1	8589501	ASSY, BASE, G4
3	2	8602501	BASE PLATE
4	1	8587801	WLDMT, FOOT PLATE
5	1	8602601	BOOM PLATE LEFT
6	1	8602701	BOOM PLATE RIGHT
7	1	8589901	ASSY, LEFT REAR UPRIGHT
8	1	8590201	ASSY, RIGHT REAR UPRIGHT
9	1	8590401	ASSY, LEFT PEC FLY ARM
10	1	8590701	ASSY, RIGHT PEC FLY ARM
11	2	8599901	ASSY, PEC FLY HANDLE
12	1	8591001	ASSY, PRESS ARM
13	1	8590901	WLDMT, BRACE
14	1	8577801	ASSY, LEG PEDESTAL
15	1	8585201	ASSY, SEAT ADJUST
16	1	8591301	ASSY, PRESS ARM SUPPORT FRAME
17	1	8599801	PRESS ARM ADJUST PLATE
18	1	8603301	BACK INCLINE ADJUSTMENT
19	1	8595501	PTD ASSY, SHROUD BRKT - TOP
20	1	8595601	PTD ASSY, SHROUD BRKT - BTM
21	1	8597401	SHROUD, LEFT
22	1	8597501	SHROUD, RIGHT
23	2	8595701	PLATE, DOUBLE PULLEY
24	1	8596901	ASSY, DOUBLE FLOAT PULLEY BRKT
25	1	8597301	BRKT, FLOATING PULLEY
26	2	8603501	L CABLE RETAINER
27	1	8595401	4-1/2 CABLE GUARD
28	1	8599501	SHAFT, PRESS ARM PIVOT
29	1	8602901	PRESS ARM SUPPORT PIVOT
30	4	3268501	BUSHING 31 OD X 25.1 ID X 20H
31	1	8591201	T HANDLE SPRING PIN
32	2	8589801	CAP, COVER 2 X 2
33	2	8591601	GUARD, 3-1/2 PULLEY
34	2	8578901	PLATE, PULLEY
35	1	7316201	3/4 X 17-7/8 TUBE
36	1	7316202	3/4 X 18-7/8 TUBE
37	1	7316203	3/4 X 21 TUBE
38	2	8591501	ASSY, BEARING BLOCK
39	1	8594301	PAD, CONSUMER, SEAT
40	1	8594201	PAD, CONSUMER, BACK
41	6	8578401	PAD, ROLLER
42	12	8584201	WASHER, PLASTIC
43	6	8598001	AL CAP, ROLLER PAD END
44	6	3268301	CAP SCREW, BTN HD 3/8-16 BO
45	1	8587601	WEIGHT STACK PIN
46	2	3108002	CUSHION, WEIGHT STACK 3/4 ID
47	2	8588601	WLDMT, WEIGHT STACK SPACER
48	2	6224501	SOCKET BUSHING
49	2	8588501	COLLAR, SHAFT, AL 32.5 OD X 11.1H
50	2	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
51	2	6523401	GUIDE ROD, 3/4 OD X 72-3/8
52	1	8603601	AB STRAP
53	1	6409101	STRAP, ANKLE STANDARD
54	1	6075906	CHAIN, 12 LINK
55	4	3103801	LINK, SNAP 5/16 DIA
56	1	8588301	ASSY, LOW ROW BAR
57	1	8598701	ASSY, LAT BAR, G4
58	2	8598901	HAND GRIP - 25MM OD X 580L
59	2	7662801	RING, GRIP 1.25 OD
60	8	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
61	2	7662901	CAP; GRIP 1.25 OD

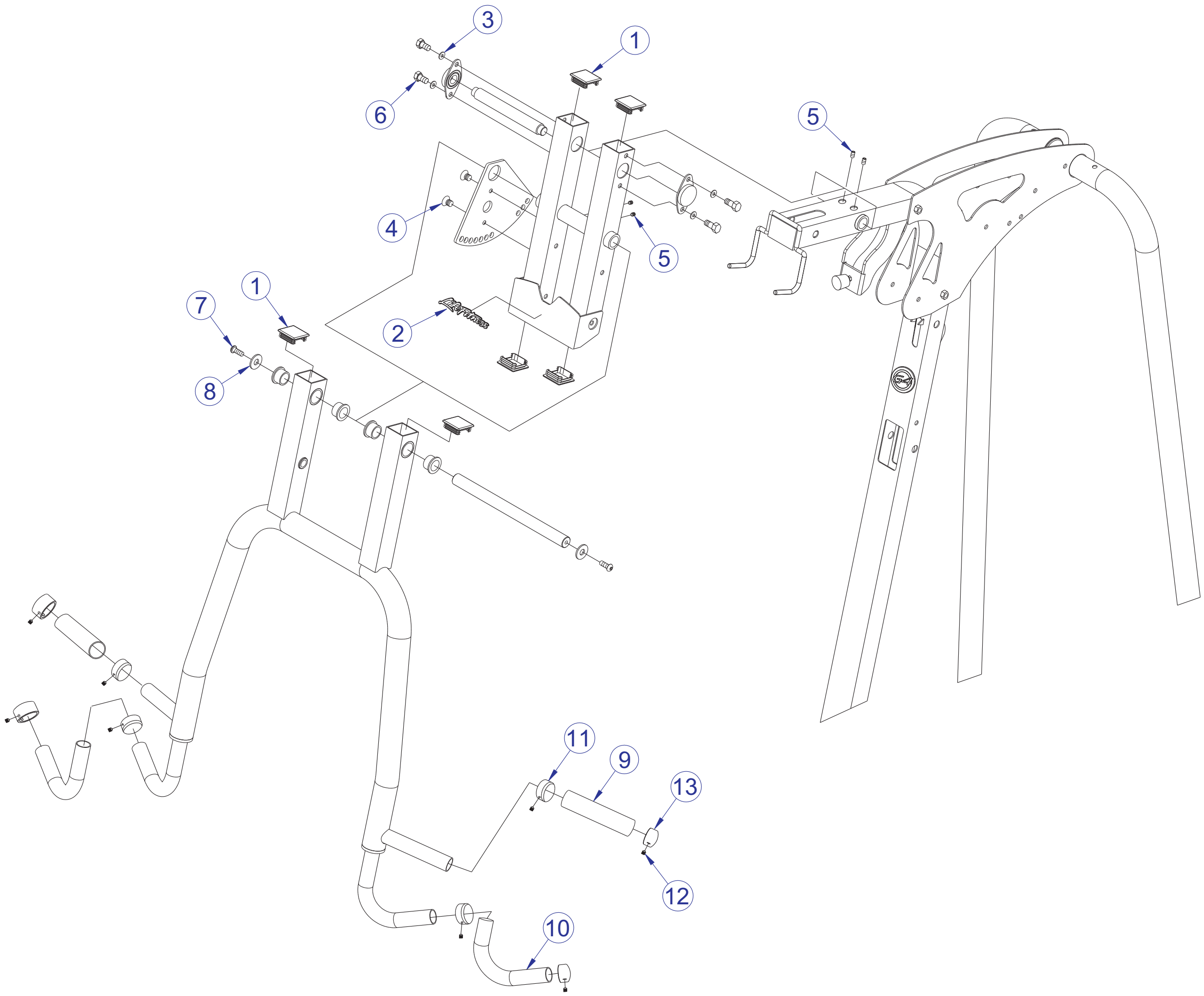


LEGEND ON PAGE 6

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY II LEGEND

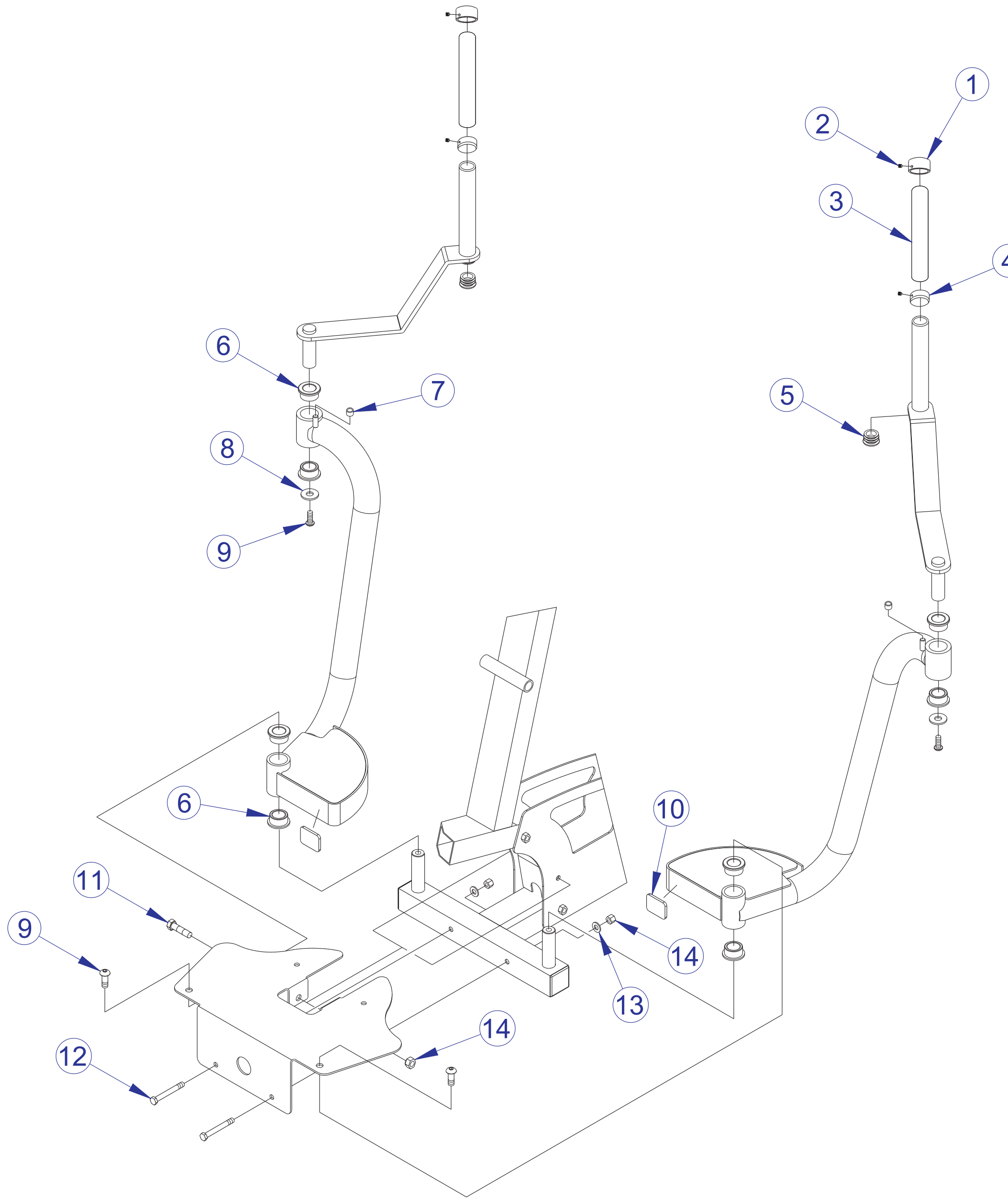
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8582201	CAP, END 75 X 50
2	2	8582101	LAT BAR HOOK COVER - 3/8 ID X 4-3/8 L
3	1	8584301	ADJUSTABLE GLIDE
4	1	8589401	GS4 ALUMINUM LOGO
5	1	8599401	SLEEVE, AL 13 OD X 10 ID X 12L
6	1	8582001	T-HANDLE SPRING PIN
7	1	8599101	BUMPER
8	1	8580401	KNOB, SEAT ADJUSTER
9	1	3102904	3/8-16X3 UNS HEX FHB G2 ZN
10	10	3102807	NUT, NYLOCK 3/8-16 LOW HT
11	2	8589701	END CAP, 2 SQ
12	9	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
13	2	3102965	3/8-16 X 3/4 UNS HEX FHB G2 ZN
14	4	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
15	1	7611601	V PULLEY

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY III



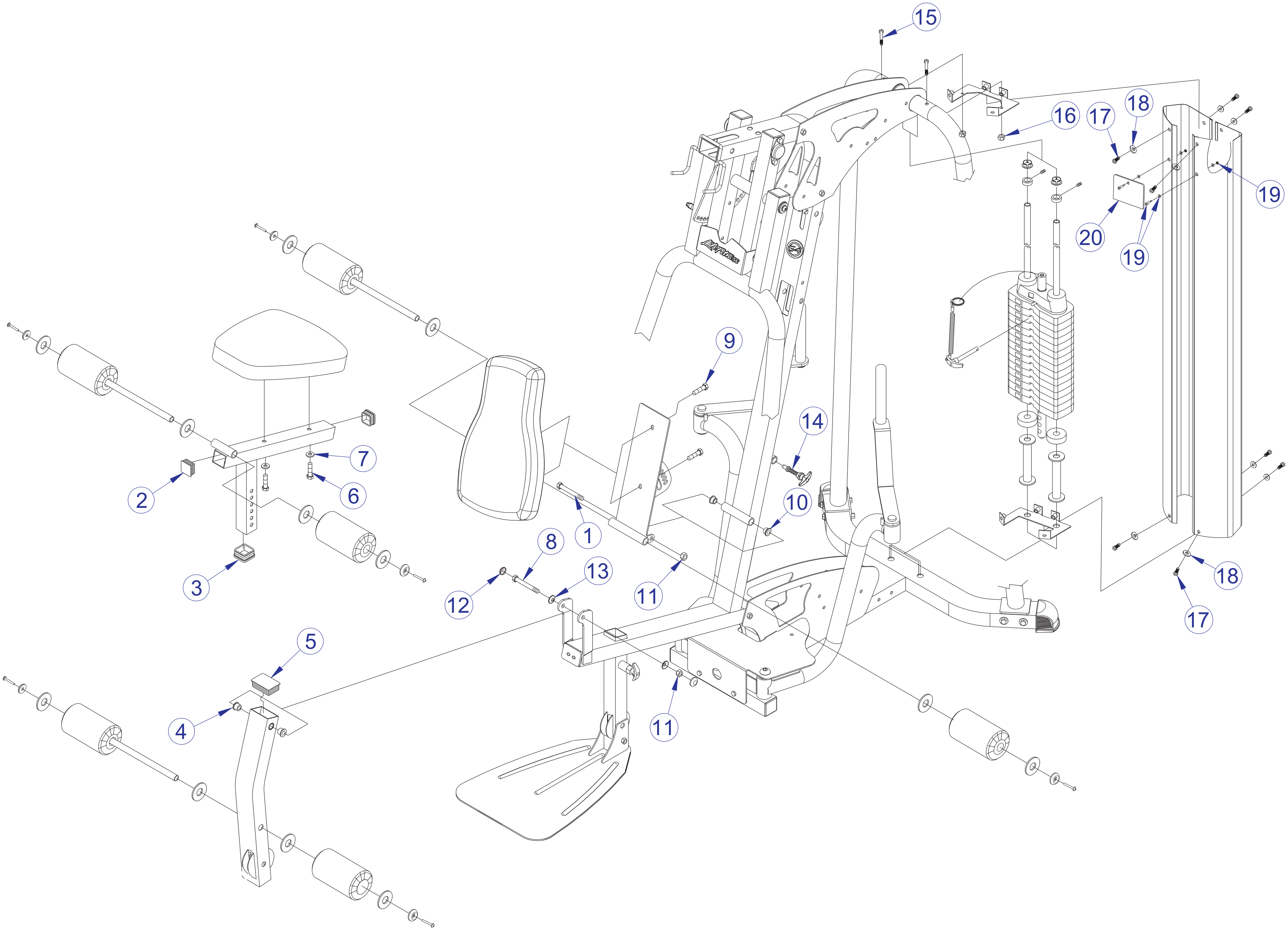
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	8589701	END CAP, 2 SQ
2	1	8580601	LABEL, LF LOGO 6.63
3	4	3268901	WASHER, SPRING - 3/8
4	2	3269101	SCREW, FLAT HEAD ALLEN - 3/8 X 1L
5	4	3268601	SCREW, SET 5/16 - 18UNC X 1/4L
6	4	3102965	3/8-16 X 3/4 UNS HEX FHB G2 ZN
7	2	3202401	3/8-16 X 1 HXS BUT CS G8 BO
8	2	3228501	WASHER, FLAT 3/8 ID SAE BZ
9	2	8599201	HAND GRIP 5.12L
10	2	8599301	HAND GRIP 10.4L
11	4	8588501	COLLAR, SHAFT, AL 32.5 OD X 11.1H
12	16	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
13	4	8587901	CAP AL 38.1 OD X 32.3 ID X 22.2H

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY IV



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8587901	CAP AL 38.1 OD X 32.3 ID X 22.2H
2	8	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
3	2	8602401	HAND GRIP 1-1/4 X 180L
4	2	8588501	COLLAR, SHAFT, AL 32.5 OD X 11.1H
5	2	8602301	END CAP - 1-1/4 RD
6	8	3268401	BEARING, FLANGE -35 OD X 25.1 ID X 20H
7	2	8609101	SLEEVE, AL
8	2	3102512	WSHR, FLAT 1/2 ID X1-3/4 OD ZN
9	2	3269001	SCREW, BUTTON HEAD ALLEN - 1/2 X 3/4L W/LOCKTITE
10	2	8590601	BUMPER, 1-1/2 X 2
11	1	3102906	3/8-16X4 UNS HEX FHB G2 ZN
12	2	3102922	3/8-16X2-3/4 UNS HEX FHB G2 ZN
13	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
14	3	3102807	NUT, NYLOCK 3/8-16 LOW HT

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY V

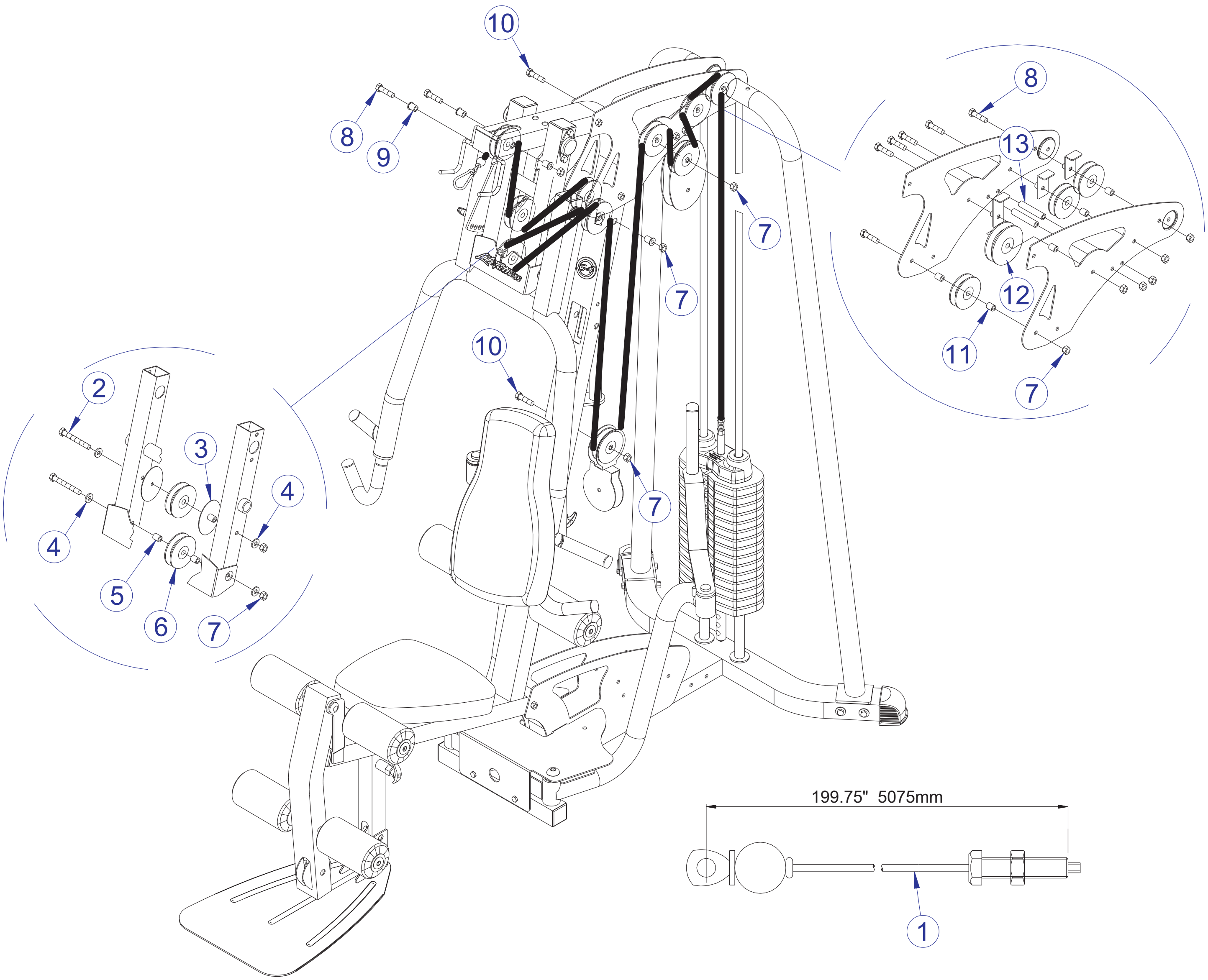


LEGEND ON PAGE 10

G4-001 G4 HOME GYM
COMPONENT ASSEMBLY V LEGEND

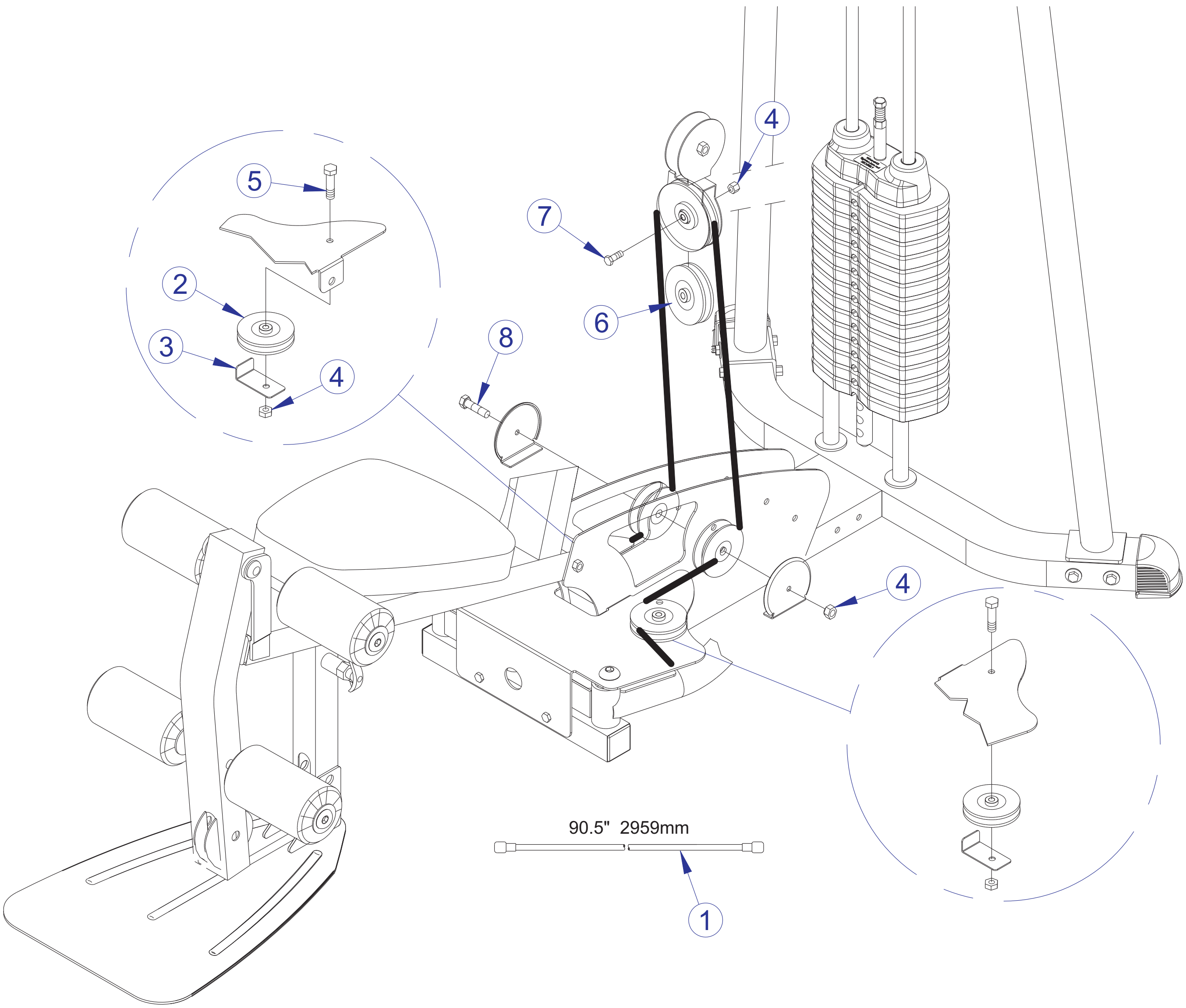
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3102970	.50- 13 X 5.75 HEX HEAD BOLT
2	2	8585001	CAP, END 1-3/4
3	1	8585401	CAP, END 2 SQ
4	2	6480302	SPACER,FLNG3/8ID X5/8OD X1.062
5	1	8582201	CAP, END 75 X 50
6	2	3102904	3/8-16X3 UNS HEX FHB G2 ZN
7	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
8	1	3102917	1/2-13X4 UNS HEX FHB G2 ZN
9	2	3102901	3/8-16X1-1/4 UNS HEX FHB G2 ZN
10	2	8593801	BEARING, FLANGE RIBBED
11	2	3102804	NUT, NYLOCK 1/2-13 LOW HT
12	2	8596001	CAP, RH
13	2	8604601	WASHER, SHIM
14	1	8599001	T-HANDLE SPRING PIN
15	2	3235210	3/8-16 X2.50 UNS HEX FHB G2 BZ
16	2	3114702	NUT, NYLOCK 3/8-16 BZ
17	8	3202401	3/8-16 X 1 HXS BUT CS G8 BO
18	8	3228501	WASHER, FLAT 3/8 ID SAE BZ
19	2	8604201	MAGNET, CARD HOLDER
20	1	8604301	G4, EXERCISE CARDS

G4-001 G4 HOME GYM
LAT CABLE



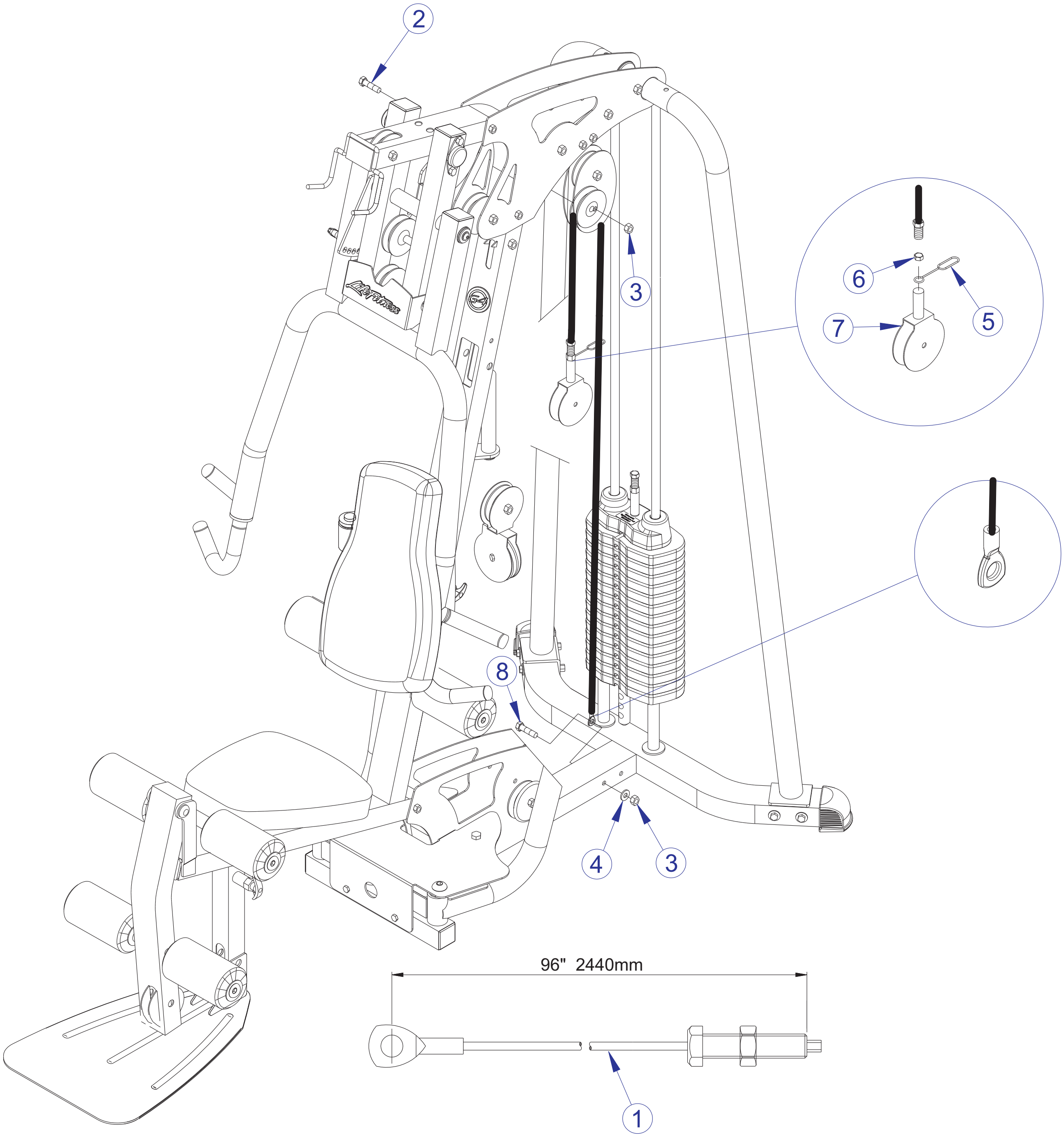
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8603701	LAT CABLE - 199.75L
2	2	3102967	3/8-16 X 8 UNS HEX FHB G2 ZN
3	2	8644701	WLDMT, PULLEY GUARD/SPACER G4
4	4	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
5	2	8597703	SPACER, 3/8 X 32 MM LG
6	12	3116201	PULLEY, 3-1/2 OD X 3/8 ID X 1
7	11	3102807	NUT, NYLOCK 3/8-16 LOW HT
8	8	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
9	4	8604701	SPACER, STEP
10	2	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
11	5	8597702	SPACER, 3/8 X 1 LG
12	1	3116101	PULLEY, 4-1/2 OD X 3/8 ID X 1
13	2	8604401	SLEEVE, PLASTIC

G4-001 G4 HOME GYM
PEC FLY CABLE



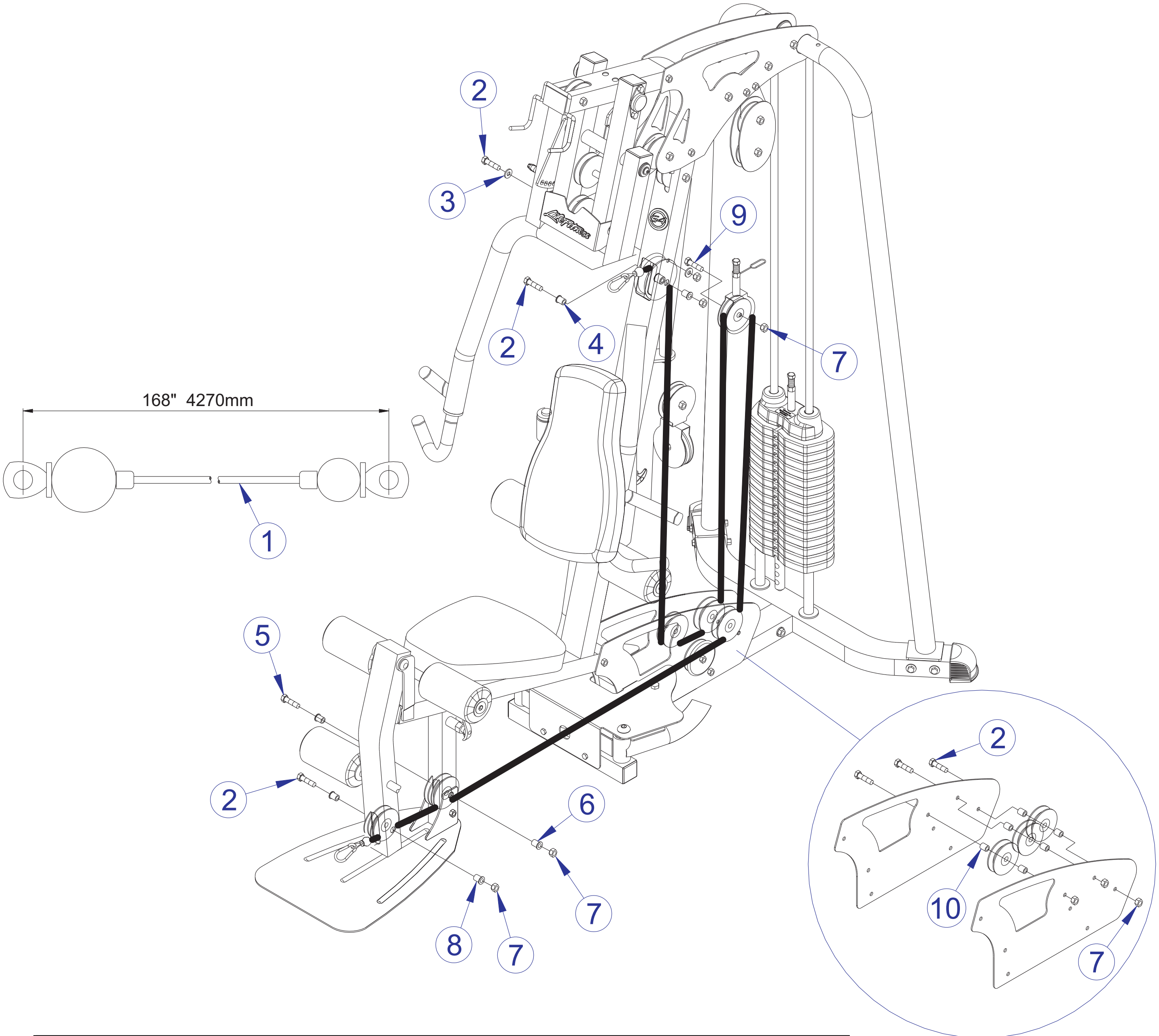
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8604001	PEC FLY CABLE - 90.5L
2	5	3116201	PULLEY, 3-1/2 OD X 3/8 ID X 1
3	2	8603501	L CABLE RETAINER
4	4	3102807	NUT, NYLOCK 3/8-16 LOW HT
5	2	3102915	3/8-16X3-1/4 UNS HEX FHB G2 ZN
6	1	3116101	PULLEY, 4-1/2 OD X 3/8 ID X 1
7	1	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
8	1	3102966	3/8-16 X 5-3/4 UNS HEX FHB G2 ZN

G4-001 G4 HOME GYM
GUIDE CABLE



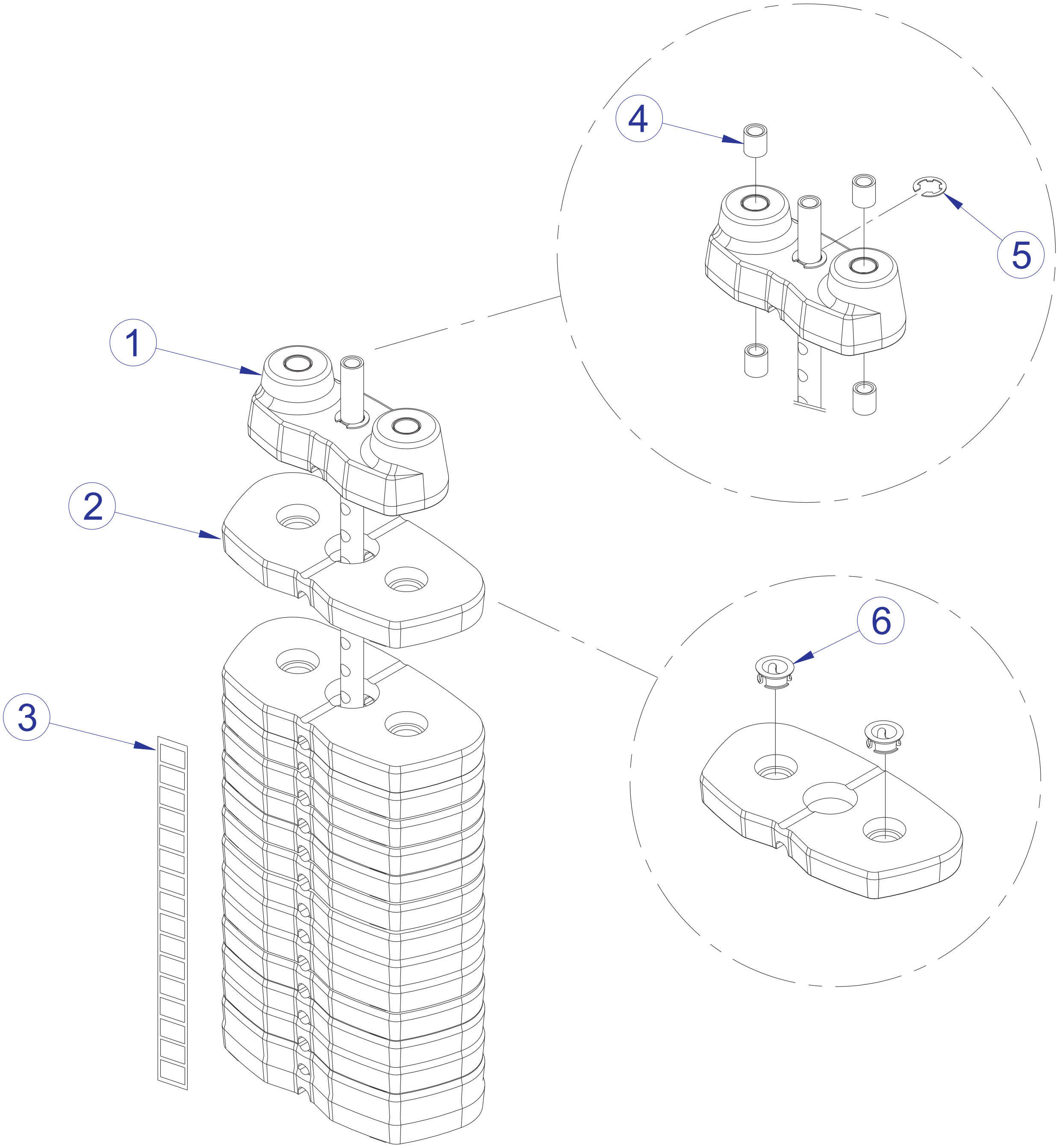
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8603901	GUIDE CABLE - 96L
2	1	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
3	2	3102807	NUT, NYLOCK 3/8-16 LOW HT
4	1	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
5	1	8604501	CABLE WIRE GUIDE
6	1	8603101	NUT, HEX 3/8 - 16
7	1	8597301	BRKT, FLOATING PULLEY
8	1	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN

G4-001 G4 HOME GYM
LOW CABLE



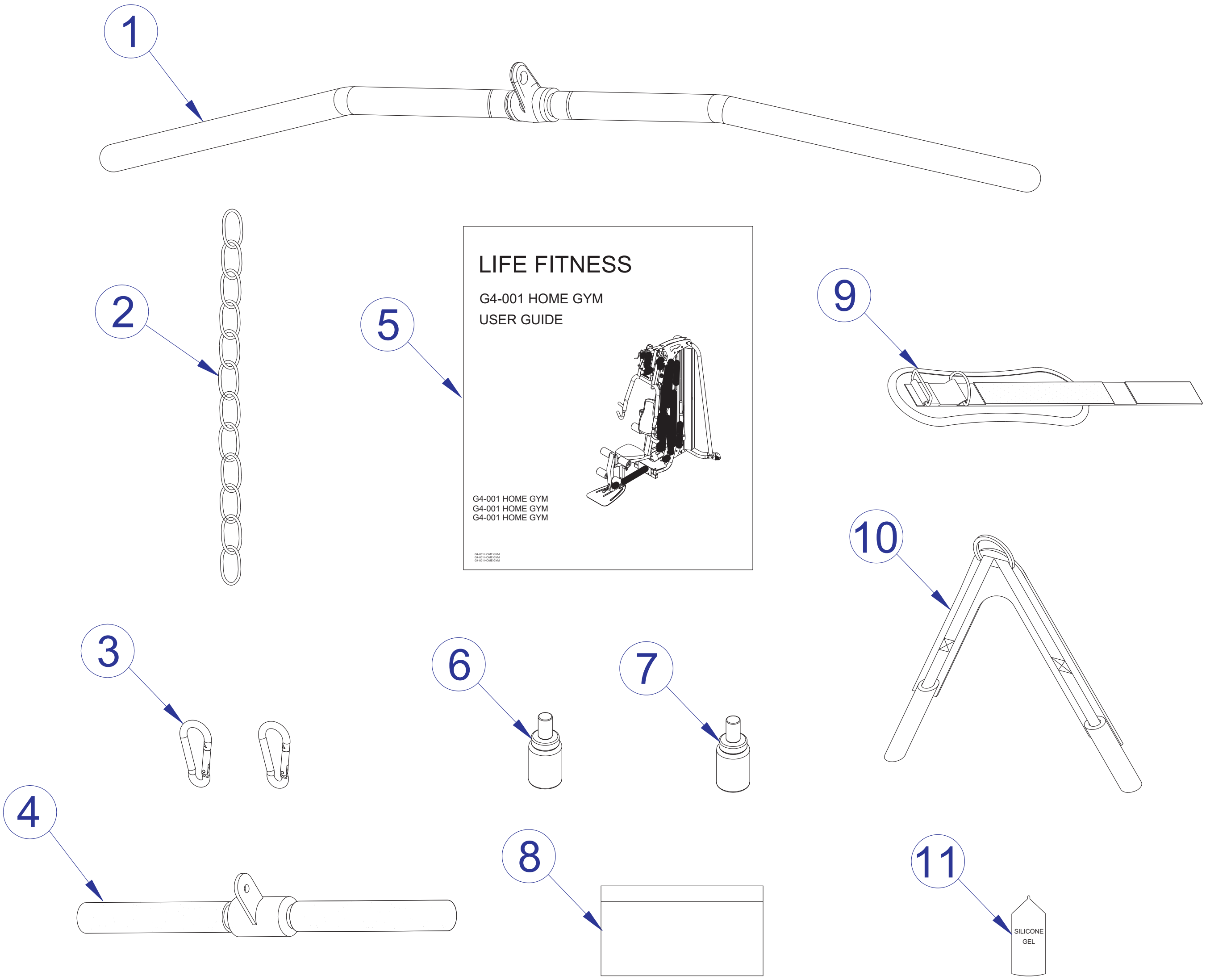
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8603801	LOW CABLE - 168L
2	6	3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN
3	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
4	2	8604703	SPACER, STEP
5	1	3102904	3/8-16X3 UNS HEX FHB G2 ZN
6	2	8604702	SPACER, STEP
7	6	3102807	NUT, NYLOCK 3/8-16 LOW HT
8	2	8604701	SPACER, STEP
9	1	3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN
10	6	8597702	SPACER, 3/8 X 1 LG

G4-001 G4 HOME GYM
WEIGHT STACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7292801	PTD ASSY, HEAD PLATE 20 HOLE
2	15	ACUWT-PLATE	215102 SINGLE WT PLATE 10 LBS
3	1	7308601	LABEL;WEIGHT STACK 1-26
4	4	7286601	BEARING,SLEEVE 20ID X23 X 15MM
5	1	3221702	E-RING, EXTERNAL 3/4
6	30	6224501	SOCKET BUSHING

G4-001 G4 HOME GYM
SUPPLIED ACCESSORIES



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8598701	ASSY, LAT BAR, G4
2	1	6075906	CHAIN, 12 LINK
3	4	3103801	LINK, SNAP 5/16 DIA
4	1	8588301	ASSY, LOW ROW BAR
5	1	8604101	G4, ASSY INSTR
6	1	8598401	PAINT, TOUCH UP, PLATINUM
7	1	8599601	PAINT, TOUCH UP, SHADOW GREY
8	1	8604301	G4, EXERCISE CARDS
9	1	6409101	STRAP, ANKLE STANDARD
10	1	8603601	AB STRAP
11	1	8598301	SILICONE GEL

HARDWARE BAG PART NUMBER

8607801

BAG CONTAINS:

ITEM	DESCRIPTION	QTY
3102970	.50- 13 X 5.75 HEX HEAD BOLT	1
3102917	1/2-13X4 UNS HEX FHB G2 ZN	1
3102967	3/8-16 X 8 UNS HEX FHB G2 ZN	2
3102966	3/8-16 X 5-3/4 UNS HEX FHB G2 ZN	1
3102906	3/8-16X4 UNS HEX FHB G2 ZN	1
3102905	3/8-16 X 3-3/4 UNS HEX FHB G2 ZN	25
3102915	3/8-16X3-1/4 UNS HEX FHB G2 ZN	2
3102904	3/8-16X3 UNS HEX FHB G2 ZN	2
3102922	3/8-16X2-3/4 UNS HEX FHB G2 ZN	3
3102933	3/8-16X2 UNS HEX FHB G2 ZN	2
3102924	3/8-16X1-3/4 UNS HEX FHB G2 ZN	5
3102901	3/8-16X1-1/4 UNS HEX FHB G2 ZN	2
3102965	3/8-16 X 3/4 UNS HEX FHB G2 ZN	2
3269001	SCREW, BUTTON HEAD ALLEN - 1/2 X 3/4L W/LOCKTITE	4
3269101	SCREW, FLAT HEAD ALLEN - 3/8 X 1L	2
3102512	WSHR, FLAT 1/2 ID X1-3/4 OD ZN	2
3102514	WASHER, FLAT 3/8 IN SAE ST ZN	19
3102804	NUT, NYLOCK 1/2-13 LOW HT	2
3102807	NUT, NYLOCK 3/8-16 LOW HT	41
8604601	WASHER, SHIM	2
3103801	LINK, SNAP 5/16 DIA	4
3103302	SHAFT COLLAR, 13/16 ID ZINC	2
8604501	CABLE WIRE GUIDE	1
8597702	SPACER, 3/8 X 1 LG	11
8597703	SPACER, 3/8 X 32 MM LG	2
8604701	SPACER, STEP	6
8604702	SPACER, STEP	2
8604703	SPACER, STEP	2
8598001	AL CAP, ROLLER PAD END	6
3268301	CAP SCREW, BTN HD 3/8-16 BO	6
8597705	SPACER, 3/8 X 30 MM LG	2
8603601	AB STRAP	1
6409101	STRAP, ANKLE STANDARD	1
8603701	LAT CABLE - 199.75L	1
8603801	LOW CABLE - 168L	1
8603901	GUIDE CABLE - 96L	1
8604001	PEC FLY CABLE - 90.5L	1
8598401	PAINT, TOUCH UP, PLATINUM	1
8599601	PAINT, TOUCH UP, SHADOW GREY	1